Physical Literacy Through OAA



- An orienteering course must not be looked at in advance.
- An orienteering course must not be visited in advance.
- Competitors must not enter out of bounds areas
- Competitors must follow any compulsory routes given
- Competitors must use any crossing points given
- Competitors must not shadow each other
- Competitors must not obstruct any attempt of an opponent
- Controls must be visited in a set order if the competition specifies
- -Capture the Flag
- -Star Course

Continuous Course



Vision

- Study the area
- Balance your speed
- Continual progress
- Verbal communication
- •Start with the end point in mind
- Step by step thinking
- Actively gather information
- Weigh up options
- Memory
- Team roles
- -Placing controls and drawing ma



PHYSICAL LITERACY

Y7:

Thumbing a map

- · Map reading
- Use of North-South-East-West

Y8:

· Fitness and running -

Competitive race skill application



Y9:

Increased complexity of:

- Thumbing a map
- Map reading



Behaviours

Half Term Theme	Personal Dev.	Social Dev.	Leadership Dev.
1-Competence	Personal effort, gov. recs,	Team effort, teamwork skills,	Effort a as a leader,
	fundamental movements	gov.recs	developing skills of others
2-Confidence	Self-confidence, self-respect	Team confidence, respect for	Confidence to be aspirational
		others	and lead, respecting
			followers
3-Motivation	Intrinsic and extrinsic	Team motivation, short,	Motivation as a leader,
	motivation, target setting	medium- and long-term	SMART target setting
		targets	
4-Communication	Verbal and non-verbal,	Active listening, team	Autocratic, democratic,
	internal dialogue	belonging,	clarity
5-Resilience	Personal resilience, growth	Team resilience, positivity,	Leadership resilience,
	mindset, fixed mindset	conflict resolution	challenging negativity,
			purpose
6-My Physical	Lifelong participation, current	Lifelong participation, current	Lifelong participation, current
Literacy	personal development,	social development, further	leadership development,
	further opportunities	opportunities	further opportunities



